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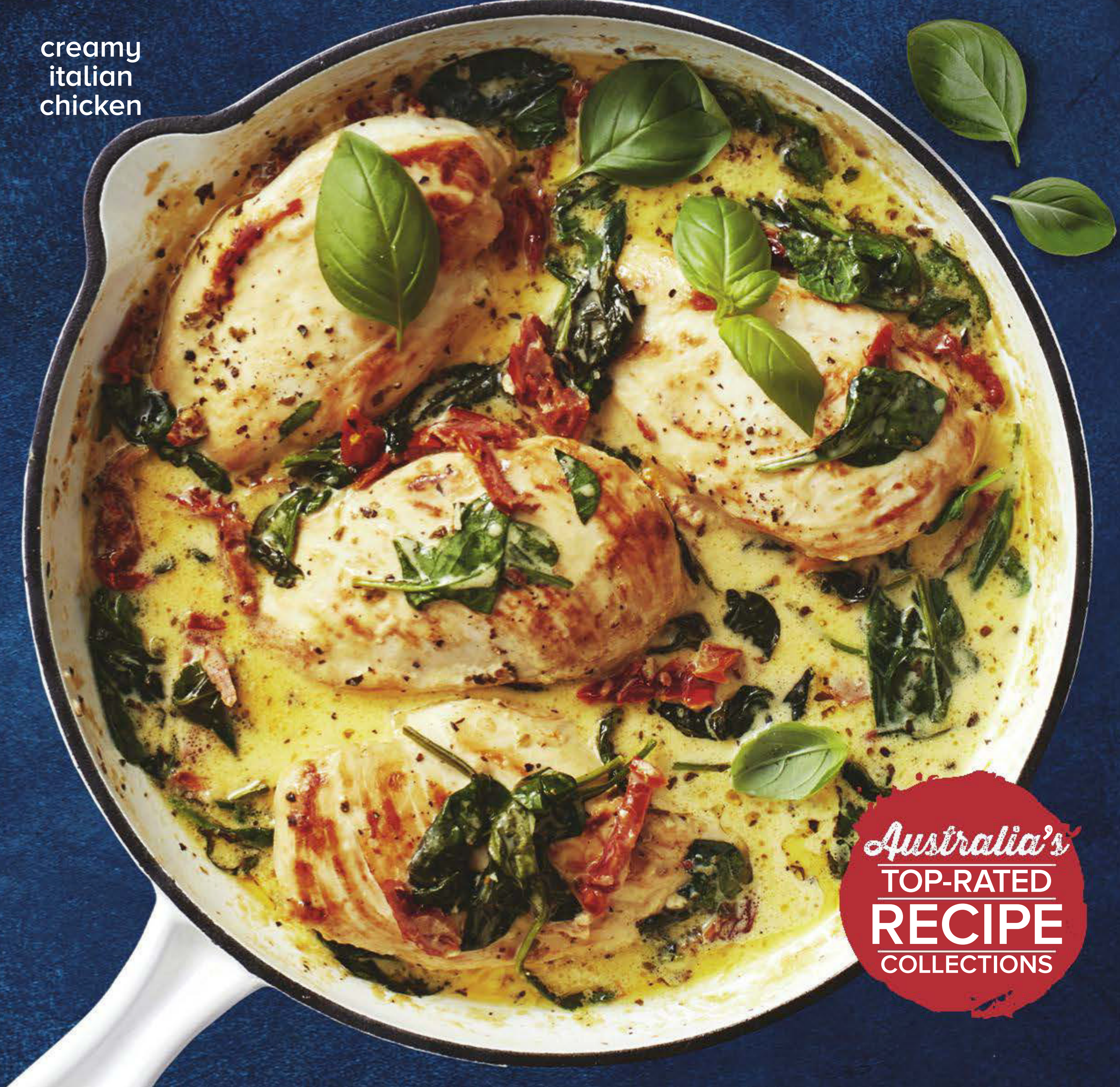
ONE POT

MAKE EVERY NIGHT EASY WITH FUSS-FREE DINNERS



creamy italian chicken

Australia's TOP-RATED RECIPE COLLECTIONS

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ONE POT

Make every night easy with fuss-free dinners

welcome

"It's the simple things.

We get it, we're the same – sometimes (or a lot of the time) getting dinner on the table just needs to be a fuss-free affair. Time constraints, flagging energy levels and the boredom of the same repertoire on repeat are enough to scare anyone off!

Welcome to your new favourite place, one-pot world! This collection of recipes – all made using one pan, tray or the slow cooker – are your super-easy shortcut to breathe delicious life into dinners and desserts.

Each chapter tackles a different dinnertime challenge:

- Quick will have dinner done in 30 minutes or less (yep, that's prep included);
- Slow is for when time is on your side and how best (and easily) to harness it in your slow cooker;
- Light is full of better-for-you dishes to make healthier eating easy as; and
- Sweet will satisfy those sweet cravings without the kitchen looking like a bomb has gone off once you're done!

From family faves, twists on the classics, crowd-pleasers and decadent sweets, you really only need one pot.

Michelle Southan
food director

one pot
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KEY: Q ← quick E ← easy H ← healthy V ← vegetarian SV ← super veg LC ← low calorie LF ← low fat GF ← gluten free

quick

When you're up against it to get dinner on the table, flip fast to this chapter! Not only are these one-pot mains ready in 30 minutes or less, come washing up time you'll be done quick as a flash!

super veg minestrone

serves 4 | **prep** 5 mins | **cooking** 20 mins Q E V 5V LC

- **500g tray roast mixed vegetables with garlic and rosemary**
- **2 tbs olive oil, plus extra, to drizzle**
- **1 leek, halved, thinly sliced**
- **1 tbs tomato paste**
- **1L (4 cups) vegetable stock**
- **400g can diced tomatoes**
- **400g can borlotti beans, rinsed, drained**
- **80g dried thin spaghetti pasta, broken**
- **60g baby kale**
- **4 sourdough bread slices**
- **1 garlic clove, halved**

1 Remove the garlic from the vegie tray and crush. Heat the oil in a large saucepan over medium heat. Add the leek, and the crushed garlic and rosemary from the vegie tray. Cook, stirring, for 3 minutes or until aromatic. Add remaining veg from tray. Cook, stirring, for 3 minutes or until slightly softened. Add the tomato paste. Cook, stirring, for 1 minute.

2 Add the stock, tomatoes and beans. Cover and bring to the boil. Simmer for 5 minutes or until the vegies begin to soften.

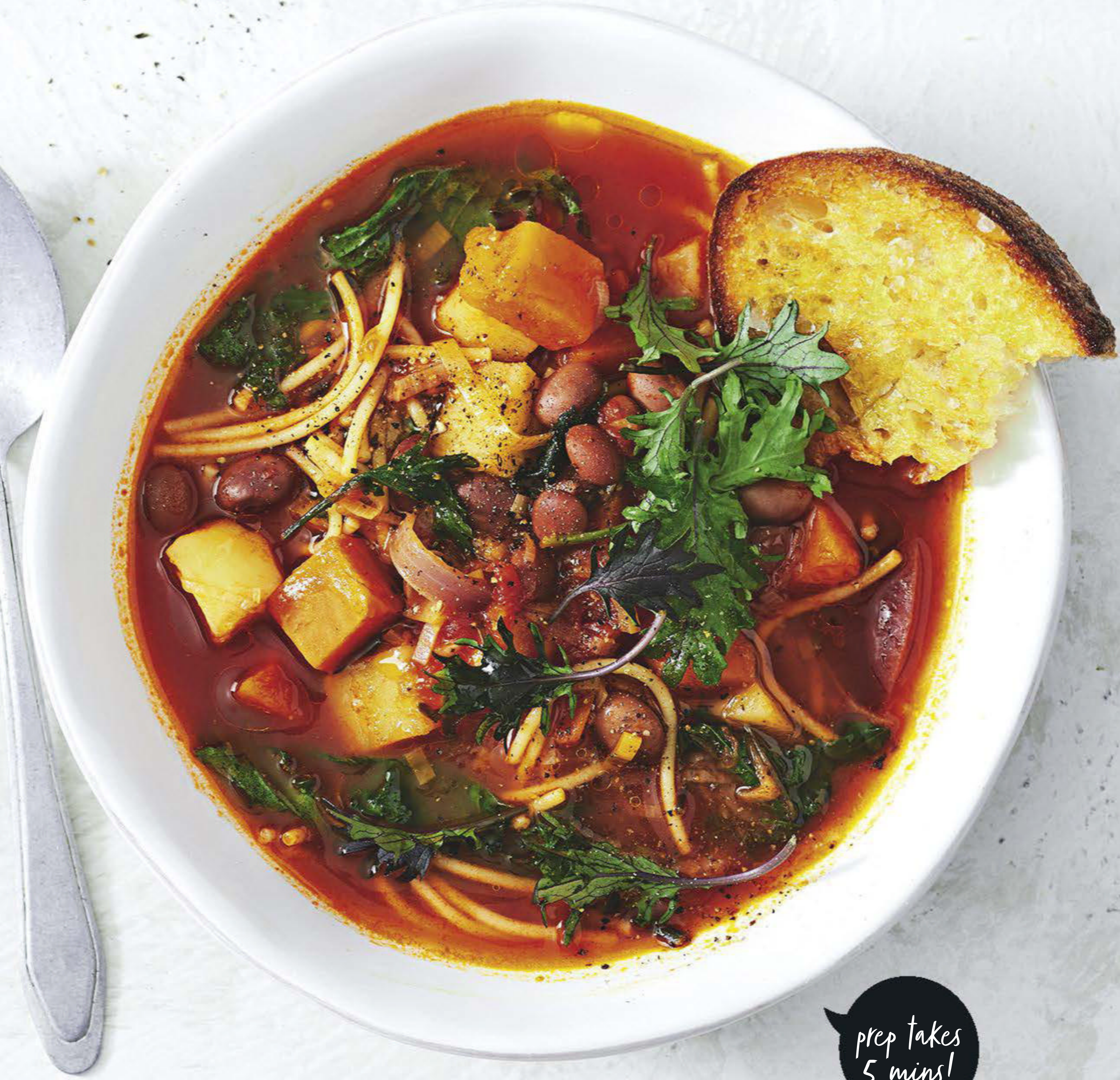
3 Add the pasta and cook, stirring occasionally, for 8 minutes or until the pasta is al dente. Add the kale and cook, stirring, until wilted.

4 Toast the bread. Rub with the halved garlic clove. Drizzle over extra oil and season. Season and serve the soup with the garlic toast.

NOTE

Freeze this soup for up to 3 months. Follow the recipe to the end of step 2. Spoon the soup into airtight containers and cool completely. Cover and freeze. To serve, thaw then continue with step 3.

> “Was a hit with the fam – they usually don’t like vegetarian meals! Will definitely make again now that it’s getting colder out.” Dragonrider



prep takes
5 mins!

wokin' quick!

sri lankan beef kottu roti

serves 4 | **prep** 5 mins | **cooking** 20 mins Q E LC

2 tbs vegetable oil
2 eggs, lightly whisked
1 red onion, halved, thinly sliced
⅓ cup fresh curry leaves
350g beef mince
80g (⅓ cup) madras curry paste
350g pkt coleslaw mix
2 roti, shredded (see note)
1 long fresh green chilli, thinly sliced

1 Heat 1 tsp oil in a large non-stick frying pan or wok over high heat. Add the egg, swirling the pan to cover base. Cook for 2 minutes or until set. Slide the omelette onto a chopping board and coarsely chop.

2 Heat 2 tsp remaining oil in the pan or wok over high heat. Add the onion and curry leaves. Stir-fry for 3 minutes or until the onion has softened. Add the beef and stir-fry for 4 minutes or until browned. Add the curry paste and stir-fry for 1 minute or until well combined. Transfer the mixture to a large bowl.

3 Heat the remaining oil in the pan or wok over high heat. Add the coleslaw. Stir-fry for 4 minutes. Add the roti and stir-fry for 3 minutes. Return the beef mixture to the pan or wok and stir-fry for 2 minutes or until heated through and well combined. Season. Stir through chopped omelette and sprinkle with chilli to serve.

NOTE

This dish is a good opportunity to use up any leftover thin flatbread lurking in the pantry.

> “A super-easy recipe loved by the whole family. Amazing flavours and adding the chilli after cooking meant I could leave it off for the kids. Will make again.” ClaireP89

coconut & cashew chicken curry

serves 4 | **prep** 5 mins | **cooking** 25 mins Q E GF

1 tbs vegetable oil
600g chicken thigh fillets, trimmed, cut into 4cm pieces
450g jar Patak's Cashew & Coconut sauce
1kg pkt frozen Birds Eye Snap Frozen Spring Greens Mix (broccoli, peas and green beans)
110g (⅔ cup) roasted salted cashews, chopped
1 long fresh red chilli, thinly sliced

1 Heat the oil in a large saucepan over medium-high heat. Add half of the chicken and cook for 5 minutes or until golden. Transfer to a plate. Repeat with the remaining chicken.

2 Return all the chicken to the pan. Pour in the sauce. Add 60ml (¼ cup) water to the emptied jar, shake then pour into the pan (see note). Bring to the boil over high heat then reduce heat to medium-low. Cook, covered, for 15 minutes, adding the frozen vegetables in the last 3 minutes of cooking, or until the chicken is cooked through and vegetables are bright green and tender crisp.

3 Season the curry then scatter over the cashew and chilli to serve.

NOTE

Shaking a little water in the sauce jar is an easy way to get those last little bits, so no wastage. Do the same with canned tomatoes.

pumpkin risotto in a mug

serves 4 | **prep** 5 mins
cooking 20 mins Q E V LC

50g (⅓ cup) frozen chopped onion (available in supermarket freezer section)
20g butter, chopped
2 garlic cloves, crushed
295g (1⅓ cups) arborio rice
2 tsp fresh thyme leaves
330ml (1⅓ cups) chicken stock
80ml (⅓ cup) white wine
50g (⅔ cup) shredded parmesan, plus extra, to serve
250g butternut pumpkin, peeled, deseeded, cut into 1cm pieces
Olive oil, to drizzle
Small fresh basil leaves, to serve

1 Place the onion, butter and garlic in the base of four 375ml (1½ cup) microwave-safe mugs. Place all mugs in the microwave. Microwave on High for 1 minute or until the onion has softened and the butter has melted.

2 Divide the rice, thyme, stock and wine among the mugs. Cover each mug with plastic wrap. Place all mugs in the microwave. Microwave on High for 8 minutes.

3 Carefully uncover the mugs. Stir through the parmesan then top with the pumpkin. Cover and microwave on High for 10 minutes or until the rice and pumpkin are tender.

4 Set aside for 2 minutes. Carefully uncover and drizzle over oil. Sprinkle with basil and extra parmesan to serve.

> “I absolutely loved this recipe and have made it twice already.”
> Betsy

budget winner

salmon arrabbiata tray bake

serves 4 | **prep** 5 mins | **cooking** 25 mins Ⓠ Ⓔ

2 tbs olive oil
4 (about 150g each) skinless boneless salmon fillets
305g (1½ cups) dried risoni pasta
3 garlic cloves, crushed
1 tbs finely chopped fresh rosemary leaves
400g btl arrabbiata pasta sauce
1 yellow capsicum, deseeded, thinly sliced
60g baby spinach
130g cocktail truss tomatoes
⅓ cup small fresh basil leaves
Lemon wedges, to serve

1 Preheat oven to 200°C/180°C fan forced. Heat half the oil in a large flameproof baking dish over medium-high heat. Cook salmon, top-side down, for 2 minutes or until golden. Transfer to a plate.

2 Heat the remaining oil in the dish over high heat. Add the risoni, garlic and rosemary. Cook, stirring, for 1 minute or until aromatic. Add the pasta sauce, capsicum and 625ml (2½ cups) water. Stir until combined. Bring to the boil then remove from heat. Cover the dish tightly with foil then bake for 12 minutes.

3 Remove foil (be careful of escaping steam). Stir through the spinach. Arrange the salmon, top-side up, on top of the mixture, pressing down gently. Arrange the tomatoes around the salmon. Bake, uncovered, for 10 minutes or until salmon and risoni are cooked through. Top with basil. Season. Serve with lemon wedges.

NOTE

Switch the salmon for your favourite thickish fish fillet, such as barramundi or ling.

> “I love I can use a bag of frozen veg and a jar of curry sauce to make dinner! One less thing to stress about on busy weeknights.” Violaparmesan

mexican pulled pork & rice bowl

serves 4 | **prep** 10 mins | **cooking** 10 mins Q E

- 800g pkt Woolworths Cook Mild Mexican Inspired Pork Shoulder
- 2 x 240g tubs Old El Paso Mexi Rice with Chilli and Veggies
- 250g cherry tomatoes, halved
- 1 large avocado, coarsely chopped
- 100g pkt baby spinach
- Olive oil, to drizzle

1 Warm the pork in the microwave following packet directions. Transfer to a large bowl. Use 2 forks to shred the meat.

2 Meanwhile, warm the rice following packet directions.

3 Divide the rice and pork among serving bowls. Top with tomato, avocado and spinach. Season and drizzle over a little oil to serve.

> “If you have cooked rice already in the fridge, use it to make Mexican rice. Toss with black or kidney beans and a little bought tomato salsa.” *taste food team*

mexican chicken noodle soup

serves 4 | **prep** 5 mins | **cooking** 25 mins Q E

- 1 tbs olive oil
- 1 brown onion, finely chopped
- 2 garlic cloves, crushed
- 1L (4 cups) chicken stock
- 2 small chicken breast fillets
- 2 x 400g cans diced tomatoes
- 1 tsp chipotle sauce
- 135g (1½ cups) dried short cut angel hair pasta
- 400g can black beans, rinsed, drained
- 75g (½ cup) frozen corn kernels
- Fresh coriander leaves and sour cream, to serve

1 Heat the oil in a large saucepan over medium-high heat. Add the onion and cook, stirring, for 4-5 minutes or until softened. Add the garlic. Cook for 30 seconds or until aromatic.

2 Add the stock and chicken. Cover and bring to the boil. Reduce heat to low. Gently simmer, uncovered, for 10 minutes or until the chicken is cooked through. Transfer chicken to a plate. Use 2 forks to shred.

3 Add the tomatoes and chipotle sauce to the stock mixture and bring back to the boil over medium-high heat.

4 Add the pasta and cook, stirring frequently, for 5 minutes or until just al dente. Add chicken, beans and corn. Stir until heated through. Top with sour cream and coriander, season and serve.

NOTE

Make the recipe up to the end of step 3 and freeze for up to 3 months. Thaw, reheat and continue from step 4.

love the smokiness

just five ingredients

chicken pesto pasta

serves 4 | **prep** 10 mins | **cooking** 20 mins Ⓠ Ⓔ

350g dried rigatoni pasta
600g butternut pumpkin, peeled, deseeded, cut into 2.5cm pieces
1 barbecue chicken, skin and bones removed, meat shredded
220g tub bocconcini, drained, torn
130g (½ cup) bought basil pesto, plus extra, to serve (optional)

1 Place 1.25L (5 cups) water in a large saucepan. Cover and bring to the boil over medium-high heat. Add the pasta, stirring constantly, until the water comes back to the boil.

2 Reduce heat to medium. Cook, stirring every 2 minutes, for 5 minutes. Add the pumpkin. Cook, stirring every 2 minutes, for 10 minutes or until the pasta is al dente and the pumpkin is tender. Remove from heat.

3 Add the chicken, bocconcini and pesto. Stir until well combined. Season and drizzle over extra pesto, if using. Serve.

NOTE

Replace the butternut pumpkin with sweet potato, if you prefer. Broccoli would also work – just add when pasta has 5 minutes cooking time left to go.

> “While you could just take out the chicken to make this a vegetarian dish, I love using plant-based chicken and shredding it so that I don’t miss out on all that wonderful addition to texture.”
>
> *Michelle Southan, food director*

creamy massaman salmon curry

serves 5 | **prep** 5 mins | **cooking** 20 mins Q E

- 1 tbs peanut oil
- 4 (about 130g each) skinless salmon fillets
- 3 tbs massaman curry paste
- 1 cinnamon stick, broken in half
- 5 green cardamom pods, crushed
- 1 star anise
- 400ml can coconut cream
- 2 fresh makrut lime leaves
- 2 tsp fish sauce
- 1 cup fresh basil leaves
- Fresh long red chilli, thinly sliced, to serve (optional)
- Microwave jasmine rice, warmed, to serve

1 Heat oil in a large frying pan over high heat. Cook salmon for 1-2 minutes each side or until golden. Transfer to a plate.
2 Add the curry paste to the pan. Cook, stirring, for 1-2 minutes or until aromatic. Add cinnamon, cardamom and star anise. Stir for 30 seconds. Gradually stir through the coconut cream. Add the lime leaves. Simmer for 10 minutes or until thickened.
3 Add the fish sauce and stir until combined. Return the salmon to pan. Simmer for 2 minutes or until heated through. Stir through most of the basil. Sprinkle with remaining basil and the chilli, if using. Serve with rice.

> I've been looking for a simple curried prawn recipe and this was outstanding. The sauce was perfect."
> Maybrook

easy curried prawns

serves 2 | **prep** 5 mins | **cooking** 20 mins Q E

- 60g butter
- 2 brown onions, finely chopped
- 2 tbs curry powder
- 40g (¼ cup) plain flour
- 2 tbs caster sugar
- 500ml (2 cups) chicken stock
- 125ml (½ cup) milk
- 2 tbs pouring cream
- Fresh lemon juice, to taste
- 500g green prawns, peeled, deveined, tails intact
- Fresh coriander sprigs, to serve

1 Melt the butter in a large frying pan over low heat. Add the onion and cook, stirring, for 8-10 minutes or until golden. Add the curry powder and cook, stirring, for 2 minutes or until aromatic. Remove from heat.
2 Add the flour and sugar. Stir until combined. Gradually pour in the stock and milk, stirring, until well combined. Return pan to low heat. Cook, stirring often, for 3-4 minutes or until the mixture comes to the boil and thickens.
3 Pour in cream. Add lemon juice to taste. Stir until well combined. Add the prawns. Cook, stirring, for 3-4 minutes or until the prawns change colour and are cooked through. Top with coriander to serve.

NOTE

Serve with rice or crusty bread to soak up every last bit of this delicious, old-school sauce.

seafood star

cover
recipe

creamy italian chicken

serves 4 | **prep** 5 mins | **cooking** 20 mins (Q) (E) (LC)

- 20g unsalted butter
- 1 tbs olive oil
- 4 small chicken breast fillets
- 2 garlic cloves, finely chopped
- 80g (½ cup) sun-dried tomatoes, sliced
- 80ml (⅓ cup) white wine
- 250ml (1 cup) thickened cream
- 125ml (½ cup) chicken stock
- 60g baby spinach
- 1 cup fresh basil leaves
- Crusty bread, to serve

1 Heat the butter and oil in a large non-stick frying pan over high heat until foaming. Season the chicken then add to the pan. Reduce heat to medium-high. Cook the chicken for 5 minutes each side or until just cooked through. Transfer to a plate. Cover with foil to keep warm.

2 Place the garlic in the pan and cook, stirring, for 1 minute or until aromatic. Add the tomato and stir to coat. Pour in the wine and cook for 1 minute or until reduced. Add the cream and stock.

3 Return the chicken to the pan and simmer for 5 minutes or until the liquid is reduced. Stir through the spinach until wilted. Season and sprinkle with the basil. Serve with crusty bread.

> “My family loved this and will make again. I did the suggested keto as didn't have white wine. Served on top of spinach and with a crusty bread roll.” DNR

NOTE

To make this recipe keto friendly, omit the wine and bread, and increase the olive oil to 2 tbs.

SCAN THE QR CODE TO WATCH THE RECIPE VIDEO

calabrian prawn risoni

serves 4 | **prep** 10 mins | **cooking** 20 mins Q E

- 420g btl Saclà Whole Cherry Tomato Pasta Sauce Roasted Garlic
- 1 lemon, rind finely grated
- 1 long fresh red chilli, deseeded, thinly sliced, plus extra, thinly sliced, to serve
- 350g dried risoni pasta
- 500g peeled green prawns, tails intact
- ¼ cup shredded fresh basil leaves, plus extra leaves, to serve

1 Place the pasta sauce, lemon rind, chilli and 1L (4 cups) water in a large saucepan. Cover and bring to the boil over medium-high heat. Add the pasta, stirring constantly, until the water comes back to the boil.

2 Reduce heat to medium. Cook, stirring every 3 minutes, for 13 minutes or until the pasta is almost al dente. Add the prawns and cook, stirring, for 2-3 minutes or until the pasta is al dente and the prawns curl and change colour. Remove from heat. Set aside for 2 minutes or until the sauce thickens slightly.

3 Stir through the basil. Season and sprinkle with extra basil and chilli to serve.

> “So quick and zesty! I bought already peeled prawns to keep prep time down to an absolute minimum.” *Foodsled*

> “I love spicy meatballs and it’s balanced out so nicely by the honey in the sauce.”
> *Harmonypuffin*

honey harissa meatballs & lemon rice

serves 4 | **prep** 15 mins | **cooking** 15 mins Q E

- 500g lamb mince
- 3 garlic cloves, crushed
- 1½ tbs chopped fresh mint leaves
- 1 small red onion, finely chopped
- 3 tsp harissa
- 2 tbs olive oil
- 450g pkt microwave brown rice
- ¼ cup finely chopped fresh continental parsley leaves, plus extra leaves, to serve
- 1 lemon, rind finely grated, juiced, plus extra wedges, to serve
- 80ml (⅓ cup) honey
- 1 tsp apple cider vinegar
- 350g (1⅓ cups) Greek-style yoghurt

1 Combine the lamb, garlic, mint, half the onion and 1 tsp harissa in a bowl. Roll tablespoonfuls of the mixture into 16 balls.

2 Heat half the oil in a frying pan over medium heat. Add the meatballs and cook, turning occasionally, for 10 minutes or until cooked through. Drain the oil, leaving about 1 tbs in the pan.

3 Meanwhile, microwave rice following packet directions. Transfer to a large bowl. Add the parsley, lemon rind and juice, remaining onion and oil. Toss until well combined. Combine honey, vinegar and remaining harissa in a small bowl.

4 Add honey mixture to meatballs in pan. Cook over medium heat for 3-4 minutes or until sauce thickens slightly. Spread the yoghurt over base of each serving plate. Top with rice mixture, meatballs and extra parsley. Serve with extra lemon wedges.

simple rice salad

slow

If time is on your side, enlist the help of your slow cooker to win the one-pot race the slow and steady way! Not only is it more hands off, this appliance brings out the best flavour and texture in certain cuts of meat and more.

slow cooker pork & pineapple adobo

serves 4 | **prep** 15 mins | **cooking** 6 hours 30 mins E GF

440g can pineapple pieces in juice
80ml (⅓ cup) gluten-free soy sauce
80ml (⅓ cup) white wine vinegar
1 tbs vegetable oil
1kg pork shoulder, cut into 3-4cm pieces
1 brown onion, chopped
3 fresh or dried bay leaves
1 tsp black peppercorns
5 garlic cloves, crushed
Thinly sliced green shallots and warmed microwave white rice, to serve

1 Drain the pineapple, reserving 80ml (⅓ cup) juice. Combine the reserved juice, soy sauce and vinegar in a bowl.

2 Set a slow cooker to Browning (see note). Add the pineapple pieces to the slow cooker. Cook for 1 minute each side or until golden. Transfer to a plate.

3 Heat the oil in the slow cooker. In batches, cook the pork, turning, for 5 minutes or until browned. Transfer to a plate.

4 Add the onion, bay leaves and peppercorns to the slow cooker (with a little more oil, if necessary). Cook, stirring occasionally, for 5 minutes or until softened. Stir in the garlic. Cook for 30 seconds or until aromatic. Return the pork to slow cooker. Pour in the juice mixture and stir until combined. Cook for 5-10 minutes or until heated through.

5 Cover and cook on Low for 5 hours 45 minutes or until tender.

6 Add the pineapple pieces to the slow cooker. Cover and cook for 5 minutes or until heated through. Season with salt and top with shallot. Serve with rice.

NOTE

If you don't have a Browning function on your slow cooker, use a large frying pan for steps 2-4.

> “Filipino adobo is not to be confused with a Mexican style adobo, which is based on dried chillies and has a much thicker sauce. This has a tang of vinegar, which we've offset with sweet pineapple.”
>
> Tracy Rutherford, freelance food editor

sweet & sour

easy &
hearty

cosy creamy beef

serves 4 | **prep** 25 mins | **cooking** 8 hours 25 mins Ⓔ

60ml (¼ cup) extra virgin olive oil
600g beef oyster blade steak, excess fat trimmed, cut into 5cm pieces
40g (¼ cup) plain flour
300g sweet potato, peeled, coarsely chopped
2 brown onions, cut into thick wedges
2 carrots, peeled, coarsely chopped
3 garlic cloves, crushed
2 tbs tomato paste
400g can diced tomatoes
125ml (½ cup) beef stock
125ml (½ cup) cooking cream
4 fresh thyme sprigs, plus extra sprigs, to serve
150g green beans, halved diagonally

1 Set a slow cooker to Browning (see note). Heat half the oil in the slow cooker. Place the beef and flour in a bowl and toss until coated. Shake off excess flour, reserving 1 tbs flour. Transfer beef to slow cooker and cook, turning, for 5 minutes or until browned. Transfer to a plate.

2 Heat the remaining oil in the slow cooker. Add the sweet potato, onion and carrot. Cook, stirring occasionally, for 5 minutes or until the vegetables begin to brown. Add the garlic, tomato paste and reserved flour. Cook, stirring, for 1 minute or until aromatic.

3 Add the tomatoes, stock and cream. Stir until combined. Cook for 5-10 minutes or until heated through.

4 Return the beef to slow cooker. Add the thyme. Cover and cook on Low for 8 hours or until the beef is very tender and sauce thickens, adding the beans in the last 15 minutes of cooking.

5 Top the cosy beef with extra thyme to serve.

NOTES

- **If you don't have a Browning function on your slow cooker, use a large frying pan for steps 1-3.**
- **To twist this recipe, use chicken thigh cutlets instead and swap the beef stock for chicken stock.**

> “Beef just melts in your mouth. I made it when my mother came to stay. She asked me for the recipe a week later. I served it with rice.” Megz07

spiced chicken meatballs in tomato sauce

serves 6 | **prep** 20 mins (+ 10 mins soaking) | **cooking** 4 hours 25 mins E LC

- **1 slice wholemeal bread, crusts removed, bread torn**
- **2 tbs milk**
- **1 egg white**
- **500g chicken mince**
- **30g (⅓ cup) dried (packaged) breadcrumbs**
- **1 tsp ground coriander**
- **1 tsp sweet paprika**
- **1 tsp ground cumin**
- **1 tsp ground ginger**
- **1 brown onion, finely chopped**
- **3 garlic cloves, crushed**
- **2 tbs extra virgin olive oil**
- **700g btl passata**
- **2 tbs tomato paste**
- **2 tbs honey**
- **2 zucchini, halved lengthways, thickly sliced**
- **110g (⅔ cup) frozen peas**
- **Greek-style yoghurt, fresh coriander sprigs and cooked couscous, to serve**

1 Place the wholemeal bread and milk in a large bowl. Set aside for 10 minutes to soak.

2 Add the egg white, chicken, breadcrumbs, ground coriander, paprika, cumin, ginger, half the onion and half the garlic to the bowl. Season. Mix until well combined. Roll level tablespoonfuls of the mixture into balls.

3 Set a slow cooker to Browning (see note). Heat the oil in the slow cooker. Add half the meatballs and cook, turning, for 2-3 minutes or until just browned. Transfer to a plate. Repeat with the remaining meatballs.

4 Add the remaining onion and garlic to the slow cooker. Cook, stirring, for 5 minutes or until the onion softens. Stir through the passata, tomato paste, honey and 125ml (½ cup) water. Add the zucchini.

5 Return the meatballs to the slow cooker. Cover and cook on Low for 4 hours or until the meatballs are tender and cooked through.

6 Stir through the peas. Cover and cook for a further 10 minutes. Season. Dollop with yoghurt, sprinkle with fresh coriander and serve with couscous.

NOTES

- **If you don't have a Browning function on your slow cooker, use a large frying pan for steps 3-4.**
- **You can freeze this chicken dish for up to 1 month.**

> “I was sceptical about the chicken mince, but it all came together. The honey in the sauce worked as well. Family loved it so much that I have been asked to make it again.” Ady M

just $4.20 per serve

bhuna-style chicken drumstick curry

serves 4 | **prep** 20 mins (+1 hour marinating) | **cooking** 3 hours 45 mins E GF

8 (about 1.8kg) chicken drumsticks
2 tbs ghee
2 large brown onions, thinly sliced
2 cinnamon sticks
3 cardamom pods, crushed
1 tsp cumin seeds
1 tsp ground coriander
1 tsp garam masala
½ tsp ground turmeric
500ml (2 cups) passata
250ml (1 cup) chicken stock
2 small fresh red chillies, halved, plus extra, thinly sliced, to serve
Fresh coriander sprigs and warmed microwave basmati rice, to serve
Natural yoghurt, to serve (optional)

marinade

4 garlic cloves, crushed
3cm-piece fresh ginger, peeled, finely grated
1 tsp ground cumin
1 tsp table salt
½ tsp ground coriander
½ tsp ground chilli
½ tsp ground turmeric
2 tbs vegetable oil

1 To make the marinade, combine all the marinade ingredients in a large bowl.
2 Add the chicken to bowl. Turn to coat. Cover with plastic wrap and place in the fridge for 1 hour to marinate (see note).
3 Set a slow cooker to Browning (see note). Heat ghee in the slow cooker. Add half the chicken. Cook, turning, for 8 minutes or until golden. Transfer to a plate. Repeat with the remaining chicken.
4 Add the onion to the slow cooker. Cook, stirring, for 10-15 minutes or until dark brown. Add the cinnamon, cardamom, cumin, ground coriander, garam masala and turmeric. Stir for 1 minute or until aromatic. Stir in the passata, stock and fresh chilli. Season with salt. Cook for 5-10 minutes or until heated through.
5 Return the chicken to the slow cooker. Cover and cook on High for 3 hours or until the chicken is tender and cooked through.
6 Sprinkle the curry with fresh coriander and extra fresh chilli. Serve with basmati rice and yoghurt, if using.

NOTES

✱ **To prep ahead and boost the flavour, marinate the chicken overnight, or up to 24 hours, before continuing with step 3.**

✱ **If you don't have a Browning function on your slow cooker, use a large frying pan for steps 3-4.**

> "Super easy and cheap to make, with a much richer flavour than any jar sauce. You could leave the chillies out if you don't want the heat." Jackizm

slow cooker kung pao chicken noodles

serves 4 | **prep** 15 mins | **cooking** 3 hours Ⓔ

- 600g chicken thigh fillets, quartered
- 2 x 145g pkt Lee Kum Kee Ready Sauce for Kung Pao Chicken
- 1 small fresh red chilli, deseeded, finely chopped
- 2 carrots, peeled, halved lengthways, thinly sliced diagonally
- 1 red capsicum, deseeded, thinly sliced
- 1 yellow capsicum, deseeded, thinly sliced
- 125g snow peas, halved diagonally
- 500g shelf-fresh egg noodles
- 3 green shallots, cut into 4cm pieces

1 Place the chicken, sauce, chilli and 160ml (⅔ cup) water in a slow cooker. Cover and cook on High for 2 hours 30 minutes or until the chicken is cooked through.
2 Add the carrot and capsicum to the slow cooker. Cover and cook on High for 30 minutes or until the vegetables are tender, adding the snow peas in the last 15 minutes of cooking.
3 Meanwhile, place the egg noodles in a bowl. Cover with boiling water to cook following packet directions. Drain.
4 Add the noodles and shallot to the slow cooker and toss until coated. Serve.

> “Nice to have a slow cooker Asian meal. Quite sweet, but everyone enjoyed it.” CamTer

slow cooker coq au vin blanc

serves 4 | **prep** 15 mins
cooking 3 hours 55 mins Ⓔ

- 20g butter
- 1.2kg chicken thigh fillets, trimmed
- 200g speck, cut into batons (see note)
- 4 large French shallots, peeled, halved
- 200g cup mushrooms, thickly sliced
- 3 garlic cloves, thinly sliced
- 250ml (1 cup) white wine
- 310ml (1¼ cup) chicken stock
- 8 fresh thyme sprigs
- 3 dried bay leaves
- 1½ tbs cornflour
- Fresh continental parsley leaves, to serve
- Crusty bread, to serve (optional)

1 Set a slow cooker to Browning (see note). Heat the butter in the slow cooker until foaming. Spray the butter with oil (this will prevent butter from burning). In batches, cook chicken for 4 minutes each side or until golden. Transfer to a plate.
2 Add the speck and shallot to the slow cooker. Cook, stirring often, for 5 minutes or until speck is crisp. Add the mushroom and cook, stirring often, for 2 minutes. Add the garlic and cook, stirring, for 1 minute. Use a slotted spoon to transfer to a plate.
3 Add the wine to the slow cooker and simmer for 3 minutes or until reduced slightly. Add stock, thyme and bay leaves.
4 Return the chicken and speck mixture to the slow cooker. Cover and cook on Low for 3 hours or until the chicken is tender.
5 Combine the cornflour with 2 tbs water. Add to the slow cooker and stir until combined. Cover and cook for 20 minutes or until the sauce has thickened. Sprinkle the coq au vin with parsley and serve with bread on the side, if using.

NOTES

- Speck is traditionally used, but feel free to swap for bacon.
- If you don't have a Browning function on your slow cooker, use a large frying pan for steps 1-3.

clever capsicums

middle eastern stuffed capsicums

serves 3 4 | **prep** 20 mins | **cooking** 4 hours E V LC

8 small red, yellow and green capsicums
250g pkt microwave brown rice
80ml (⅓ cup) passata
55g (⅓ cup) currants
2 green shallots, thinly sliced
2 tbs extra virgin olive oil
Greek-style yoghurt, fresh coriander sprigs and pomegranate arils, to serve

1 Lightly grease the bowl of a 5.5L slow cooker and line with baking paper. Cut the tops off the capsicums and discard. Remove the seeds and membrane. Place the capsicums, cut-side up, in prepared slow cooker.

2 Combine the rice, passata, currants, shallot and 60ml (¼ cup) water in a bowl. Season well. Divide the mixture among the capsicums. Drizzle over the oil, cover and cook on High for 4 hours or until the capsicums have softened.

3 Dollop each stuffed capsicum with yoghurt. Season and top with coriander and pomegranate to serve.

NOTES

- **Change up the filling, if you like. Try chopped zucchini or for a spicy kick add chilli to taste.**
- **Want to make it vegan? Replace the yoghurt for a dairy-free alternative.**

> “I’ve made these a few times. First as a side for the fam to try, but they were so popular they became a main! I kept the tops and served them like mini cloches – the kids loved that! I also used vegan Greek yoghurt instead.” Violaparmesan

vegetable harira soup

serves 8 | **prep** 15 mins (+ 5 mins standing) | **cooking** 6 hours 10 mins E V LC GF LF

- 1 tbs extra virgin olive oil
- 1 large brown onion, finely chopped
- 2 carrots, peeled, finely chopped
- 2 celery sticks, finely chopped
- 3 garlic cloves, crushed
- 2 tsp ground cumin
- 2 tsp ground coriander
- 2 tsp ground paprika
- 1 tsp ground ginger
- ½ tsp ground cinnamon
- ½ tsp dried chilli flakes
- 2 tbs tomato paste
- 4 tomatoes, chopped
- 150g (⅔ cup) dried green lentils, rinsed
- 2L (8 cups) salt-reduced vegetable stock
- 100g (½ cup) basmati rice
- 400g can chickpeas, rinsed, drained
- 270g (1½ cups) frozen broad beans, thawed, peeled
- Reduced-fat Greek-style yoghurt, to serve
- ½ cup chopped fresh coriander leaves
- Lemon wedges, to serve

1 Set a slow cooker to Browning (see note). Heat the oil in the slow cooker. Add the onion, carrot, celery and garlic. Cook, stirring, for 5-7 minutes or until softened. Stir in the cumin, ground coriander, paprika, ginger, cinnamon and chilli for 1 minute. Stir in tomato paste for 1 minute.

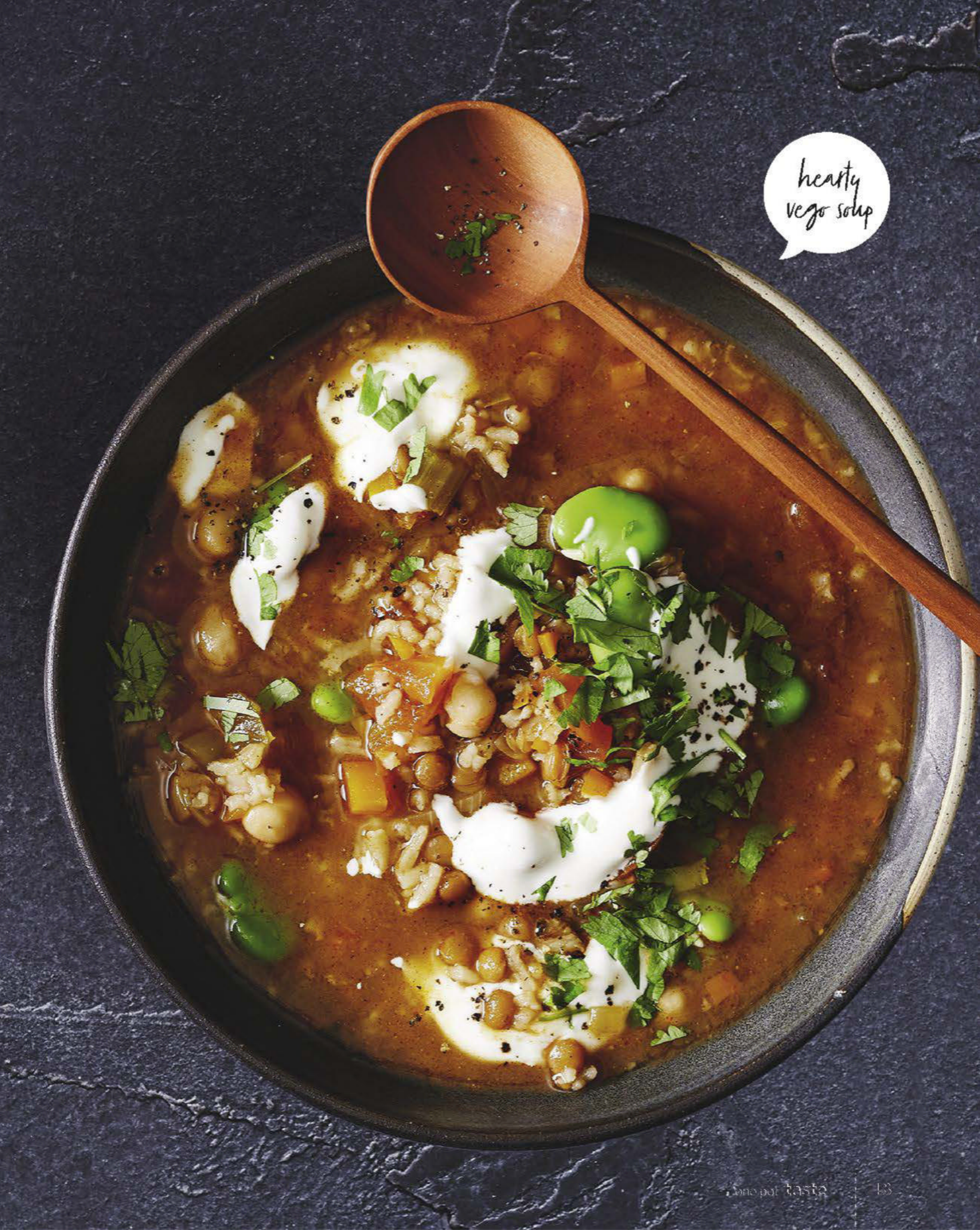
2 Stir in the tomato, lentils, stock and 750ml (3 cups) water. Cover and cook on Low for 3 hours. Add the rice and stir until combined. Cover and cook on Low for a further 3 hours.

3 Add the chickpeas and beans. Set aside, covered, until heated through. Top with yoghurt and fresh coriander. Season and serve with lemon wedges to squeeze over.

NOTES

- If you don't have a Browning function on your slow cooker, use a large frying pan for step 1.
- Freeze this soup (minus the toppers) for up to 1 month.

> “Delicious, hearty and easy. Saved to my favourites. Will definitely make again.” Debralloyd62



hearty vego soup

super
creamy

slow cooker satay pork

serves 6 | **prep** 15 mins
cooking 6 hours 20 mins Ⓔ

- 1 tbs olive oil
- 1.5kg piece pork scotch fillet, cut into 4-5cm pieces
- 1 brown onion, cut into thin wedges
- 2 garlic cloves, crushed
- 2 tsp finely grated fresh ginger
- 90g (⅓ cup) natural crunchy peanut butter
- 160ml can coconut milk
- 125ml (½ cup) chicken stock
- 60ml (¼ cup) light soy sauce
- 1 tbs sweet chilli sauce, plus extra, to taste
- 1 red capsicum, deseeded, thinly sliced
- 2 tbs coarsely chopped unsalted peanuts
- Fresh coriander leaves, to serve (optional)
- Warmed microwave rice and lime wedges, to serve

1 Set a slow cooker to Browning (see note). Heat the oil in the slow cooker. Add one-third of the pork and cook, turning occasionally, for 5 minutes or until golden. Transfer to a plate. Repeat with the remaining pork in 2 more batches.

2 Add the onion to the slow cooker and cook, stirring occasionally, for 4 minutes or until softened. Add the garlic and ginger. Cook, stirring, for 1 minute or until aromatic. Stir in the peanut butter, coconut milk, stock, soy sauce and sweet chilli sauce.

3 Return the pork to the slow cooker and stir to coat. Cover and cook on Low for 6 hours or until the pork is very tender. Taste and add a little extra sweet chilli sauce to taste.

4 Sprinkle with the capsicum, peanuts and coriander, if using. Serve with rice and lime wedges to squeeze over.

NOTE

If you don't have a Browning function on your slow cooker, use a large frying pan for steps 1-2.

country beef 'dump' dinner

serves 4 6 | **prep** 10 mins | **cooking** 8 hours Ⓔ LC LF

- 1kg gravy beef, excess fat trimmed, cut into 3cm pieces (see note)
- 2 tbs Gravox Traditional Gravy mix
- 1 tbs plain flour
- 500g baby coliban (chat) potatoes, halved
- 200g button mushrooms, halved
- 2 carrots, peeled, chopped
- 6 French shallots, halved
- 125ml (½ cup) beef stock
- 400g can chopped tomatoes
- 225g jar tomato chutney
- Steamed green vegetables, to serve (optional, see note)

1 Place the beef, Gravox and flour in a slow cooker. Toss until the beef is coated. Arrange the potato, mushroom, carrot and shallot over the beef. Pour over the stock, tomatoes and chutney. Cover and cook on High for 8 hours or until the beef is tender.

2 Serve the 'dump' dinner with green vegetables, if using.

NOTES

- Use beef chuck steak, cut into pieces, if you prefer.
- No need for extra washing up! Add some broccolini, frozen peas or green beans to the slow cooker in the last 30 minutes of cooking.

slow cooker honey garlic chicken

serve 4 | **prep** 10 mins | **cooking** 6 hours 10 mins E

8 (about 1.5kg) chicken thigh cutlets, skin on
60ml (¼ cup) dark honey
60ml (¼ cup) light soy sauce
60ml (¼ cup) tomato sauce
3 garlic cloves, crushed
Fresh coriander sprigs, steamed greens (such as buk choy and snow peas) and warmed microwave jasmine rice, to serve

1 Set a slow cooker to Browning (see note). Add half the chicken, skin-side down, and cook for 3 minutes or until golden. Turn and cook for a further 2 minutes. Transfer to a plate. Repeat with remaining chicken.

2 Meanwhile, combine the honey, soy sauce, tomato sauce and garlic in a small bowl.

3 Pour 125ml (½ cup) water into the slow cooker to just cover the base. Arrange the chicken, skin-side up, and as close to a single layer as you can manage. Brush generously with some of the sauce mixture then pour in the remaining mixture.

4 Cover and cook on Low, carefully rearranging the chicken pieces halfway through cooking to place any that were on top underneath, for 6 hours.

5 Sprinkle with coriander and serve with steamed greens and rice.

NOTES

- If you don't have a Browning function on your slow cooker, use a large frying pan for step 1.
- Any leftover chicken can be used in sandwiches. Simply shred the meat off the bone and store in an airtight container in the fridge for up to 2 days.

> “Such an easy-to-prep recipe – sits in the kitchen all day long! The chicken falls off the bone and is super tender. I used garlic olive oil instead of crushed garlic and it tasted just as lovely. Highly recommend!” Amil1996

kid friendly

gluten free

slow cooker beef rendang

serves 6 | **prep** 20 mins
cooking 4 hours 45 mins E GF

- 1 tbs ground coriander
- 1 tsp ground turmeric
- 1 tsp table salt
- ½ tsp dried chilli flakes
- 1.3kg-piece beef topside, cut into 5cm pieces
- 1 tbs peanut oil
- 1 brown onion, finely chopped
- 1 lemongrass stem, pale part only, finely chopped, plus 1 stalk, extra, smashed
- 4 garlic cloves, finely chopped
- 1 tbs finely chopped fresh ginger
- 400ml can coconut milk, plus extra, to drizzle (optional)
- 45g (½ cup) desiccated coconut, toasted
- 3 fresh makrut lime leaves
- 5 green cardamom pods, smashed
- 1 cinnamon stick
- Fresh coriander sprigs and warmed microwave basmati rice, to serve

1 Combine the ground coriander, turmeric, salt and chilli in a large bowl. Add the beef and toss until combined.

2 Set a slow cooker to Browning (see note). Heat oil in the slow cooker. In batches, cook the beef, turning often, for 5 minutes or until browned. Transfer to a plate.

3 Add onion to slow cooker. Cook, stirring often, for 5 minutes or until softened. Add the lemongrass, garlic and ginger. Cook, stirring, for 1 minute or until aromatic. Pour in coconut milk and 125ml (½ cup) water. Stir.

4 Return the beef to slow cooker. Add the desiccated coconut, lime leaves, cardamom, cinnamon and extra lemongrass. Cover and cook on High for 4 hours 30 minutes or until beef is very tender.

5 Drizzle extra coconut milk over curry, if using. Top with coriander. Serve with rice.

NOTE

If you don't have a Browning function on your slow cooker, use a large frying pan for steps 2-3.

slow cooker braised steak & onions

serves 6 | **prep** 20 mins | **cooking** 5 hours 45 mins E

- 1 tbs olive oil
- 1kg whole topside roast, cut into 3cm-thick steaks
- 20g butter
- 2 brown onions, halved, thinly sliced
- 3 garlic cloves, thinly sliced
- 2 tbs tomato paste
- 500ml (2 cups) chicken stock
- 1½ tbs Worcestershire sauce
- 6 fresh thyme sprigs
- 3 dried bay leaves
- 1½ tbs cornflour
- 2 tbs chopped fresh continental parsley
- Mashed potato, to serve (optional)

1 Set a slow cooker to Browning (see note). Heat the oil. In 2 batches, cook the beef for 3 minutes each side. Transfer to a plate.

2 Add the butter to slow cooker. Cook until foaming. Add onion. Cook, stirring often, for 10 minutes or until browned and tender. Stir through garlic for 1 minute or until aromatic.

3 Stir through paste for 1 minute. Add stock, Worcestershire, thyme and bay. Cook for 5-10 minutes or until heated through.

4 Return beef to slow cooker. Cover. Cook on High for 5 hours or until beef is tender.

5 Combine cornflour and 2 tbs water in a bowl. Add to slow cooker. Cover. Cook for 20 minutes or until thickened. Season. Stir through parsley. Serve with mash, if using.

NOTE

If you don't have a Browning function on your slow cooker, use a large frying pan for steps 1-3.

light

Fill your pot with fresh and wholesome ingredients and follow our cleverly devised recipes to make the easiest-ever nourishing nosh without using every pot and pan.

vegie & quinoa bake

serves 4 | **prep** 15 mins | **cooking** 40 mins Ⓔ Ⓗ Ⓥ SV LC GF

250g sweet potato, peeled, coarsely chopped
1 tbs extra virgin olive oil
1 large red capsicum, deseeded, sliced
1 large yellow capsicum, deseeded, sliced
1 large red onion, cut into thin wedges
1 large zucchini, sliced
400g can black beans, rinsed, drained
300g (2 cups) cooked quinoa (see note)
125ml (½ cup) gluten-free salt-reduced vegetable stock
80g creamy feta, crumbled
Fresh basil or continental parsley leaves, to serve
Bought basil pesto, to serve (optional)

1 Preheat oven to 200°C/180°C fan forced. Place the sweet potato in a large baking dish. Drizzle over 1 tsp oil and toss to coat. Bake for 10 minutes.

2 Add the red and yellow capsicum, onion and zucchini. Drizzle over the remaining oil. Season. Bake for a further 20 minutes.

3 Add the beans, quinoa and stock. Stir until combined. Sprinkle with the feta. Bake for 5-10 minutes or until the stock absorbs and the feta is golden. Sprinkle with basil or parsley and dollop with pesto, if using.

NOTES

- **About 140g (⅔ cup) uncooked quinoa will make about 2 cups cooked.**
- **Swap the basil pesto for hummus, tzatziki or yoghurt, if you like.**

> “This is a relatively quick and simple meal to make. Tastes great.” Conno65

protein hit!

love your greens soup

serves 4 | **prep** 15 mins (+ 5 mins cooling) | **cooking** 30 mins E H V LC GF

- 1 tbs extra virgin olive oil
- 1 brown onion, finely chopped
- 2 garlic cloves, crushed
- 2 tsp finely grated lemon rind
- 50g quinoa, rinsed, drained
- 500ml (2 cups) gluten-free salt-reduced vegetable stock
- 350g broccoli, cut into florets
- 300g (2 cups) frozen peas, plus extra, blanched, to serve (see note)
- 200g podded frozen edamame, plus extra, blanched, to serve (see note)
- 80g baby spinach
- 45g (¼ cup) toasted macadamia, chopped
- Chopped fresh chives, to serve

1 Heat the oil in a large saucepan over medium heat. Cook the onion, stirring occasionally, for 5 minutes or until softened. Add the garlic and lemon rind. Cook, stirring, for 1 minute or until aromatic. Add the quinoa and 500ml (2 cups) water. Bring to the boil then reduce heat, cover and simmer for 10 minutes or until the quinoa is almost tender.

2 Pour in the stock and bring to boil. Add the broccoli and peas. Simmer, partially covered with a lid, for 5-10 minutes or until broccoli is just tender. Add the edamame and simmer for 2 minutes. Remove from heat and stir through spinach. Set aside for 5 minutes to cool slightly.

3 In batches, place the soup mixture in a blender and blend until thick and smooth. Divide the soup among serving bowls. Scatter over the macadamia, chives, and extra peas and edamame. Season and serve.

NOTE

To blanch the extra peas and edamame to scatter on top, place in a heatproof bowl and cover with boiling water. Set aside for about 3 minutes or until warmed through. Drain.

> "Green peas and edamame are fresh members of the legume family. Both are packed with fibre, which helps to stabilise blood sugar levels, reduce cholesterol and promote a healthy gut microbiome."
>
> Chrissy Freer, nutrition editor

cauliflower & chickpea tray bake

serves 4 | **prep** 15 mins | **cooking** 40 mins E H V SV LC GF

2 garlic cloves, crushed
2 tsp finely grated lemon rind
1 tsp dried chilli flakes
2 tbs extra virgin olive oil
700g cauliflower, cut into large wedges
2 zucchini, cut into wedges
2 small red onions, thickly sliced
400g can chickpeas, rinsed, drained
90g (⅓ cup) natural yoghurt
1 tbs fresh lemon juice
2 tsp tahini
2 tsp hot water
100g baby spinach

1 Preheat oven to 200°C/180°C fan forced. Combine the garlic, lemon rind, chilli and oil in a small bowl. Place the cauliflower, zucchini and onion on a large baking dish. Drizzle over the garlic mixture and season. Bake for 25 minutes.
2 Add chickpeas to dish. Bake for a further 15 minutes or until golden and tender.
3 Meanwhile, combine the yoghurt, lemon juice, tahini and hot water in a small bowl.
4 Stir the spinach through the baked vegetables until just wilted. Drizzle over the yoghurt mixture to serve.

NOTE

Cauliflower is a low-cal and low-carb way to make this tray bake substantial. Frozen cauliflower florets would work just as well if fresh isn't available.

> “Absolutely delicious! Even my meat-loving husband enjoyed it. Will be making it a regular meal.”
>
> Bbyrnes6

just
270 cals!

creamy
low-cal

creamy marsala chicken

serves 4 | **prep** 10 mins | **cooking** 30 mins E LC

40g (¼ cup) plain flour
1 tsp garlic powder
2 (about 200g each) chicken breast fillets, halved horizontally
1 tbs olive oil
60g butter
250g sliced Swiss brown mushrooms
3 garlic cloves, crushed
185ml (¾ cup) marsala wine
250ml (1 cup) chicken stock
125ml (½ cup) cooking cream
Chopped fresh chives, to serve
Steamed broccolini, to serve (optional)

1 Combine the flour and garlic powder on a shallow plate. Coat the chicken in the flour mixture and shake off excess. Heat the oil and half the butter in a large frying pan over medium-high heat. Cook the chicken for 3 minutes each side or until almost cooked through. Transfer the chicken to a plate.

2 Heat the remaining butter in the pan over medium heat. Add the mushroom and cook, stirring, for 4 minutes or until golden and tender. Add the garlic and cook, stirring, for 1 minute or until aromatic.

3 Pour in the wine and bring to the boil. Add the stock. Bring to the boil then reduce heat to medium-low. Simmer for 10 minutes or until the liquid reduces by half. Add the cream and stir until combined. Simmer for 3 minutes.

4 Return the chicken to the pan and simmer for 3 minutes or until cooked through and sauce thickens. Sprinkle with chives, season and serve with broccolini, if using.

NOTE

Opened marsala will keep for up to 6 months in a cool, dry place. Search taste.com.au for more recipes using marsala or serve chilled as an aperitif.

> “Made this tonight and it was beautiful. Served it with broccoli and corn on the cob. Next time, I will add mashed potatoes to soak up the beautiful sauce.”
>
> TiaMaria

slow cooker sri lankan chicken curry

serves 4 | **prep** 20 mins | **cooking** 4 hours 10 mins E H SV LC GF

- 2 tsp macadamia oil
- 600g chicken thigh fillets, trimmed, quartered (see note)
- 1 white onion, cut into wedges
- 2 tsp finely grated fresh ginger
- 2 tsp ground cumin
- 2 tsp ground coriander
- 1 tsp finely grated fresh turmeric
- 1 cinnamon stick
- 250ml (1 cup) gluten-free salt-reduced chicken stock
- 200ml reduced-fat coconut milk
- 2 tsp tamarind puree (see note)
- 1 tsp brown sugar
- 1 long fresh red chilli, halved lengthways
- 450g sweet potato, peeled, cut into 2cm pieces
- 300g cauliflower, cut into small florets
- 2 tsp gluten-free cornflour
- 150g green beans, steamed
- Fresh curry leaves and lime halves, to serve

1 Set a slow cooker to Browning (see note). Heat the oil in the slow cooker. Add the chicken and cook for 1-2 minutes each side or until golden. Transfer to a plate.

2 Add the onion to slow cooker. Cook, stirring, for 3-4 minutes or until softened. Add the ginger, cumin, coriander, turmeric and cinnamon. Cook, stirring, for 2 minutes or until aromatic.

3 Return the chicken to slow cooker and toss until well coated. Add stock, coconut milk, tamarind, sugar and chilli. Cook for 5-10 minutes or until heated through.

4 Cover and cook on High for 2 hours 30 minutes. Add the sweet potato and cauliflower. Cover and cook on High for 1 hour or until the vegetables are tender.

5 Combine the cornflour and 2 tbs water in a small bowl. Add the cornflour mixture to the slow cooker. Stir until combined. Cover and cook on High for 20 minutes or until the sauce thickens slightly. Stir through beans. Top with curry leaves and serve with lime halves to squeeze over.

NOTES

- Chicken thighs are made for slow cooking – just trim the excess fat before cooking.
- Find tamarind puree in the Asian aisle at the supermarket.
- If you don't have a Browning function on your slow cooker, use a large frying pan for steps 1-3.

> "Make curry low cal with easy tweaks. Use reduced-fat coconut milk and combine it with stock to help control the total and saturated fats. Four different vegies bulk it out, and keep the veg content high without the calories." *Chrissy Freer, nutrition editor*

only
350 cals!

fave goes healthy!

slow cooker healthy apricot lamb

serves 4 | **prep** 20 mins | **cooking** 4 hours 30 mins E H SV LC GF

- 2 tsp extra virgin olive oil
- 600g easy carve (boneless) lamb leg roast, excess fat trimmed, cut into 3cm pieces
- 1 large brown onion, cut into thin wedges
- 2 celery sticks, finely chopped
- 3 large carrots, peeled, sliced
- 2 tsp ground cumin
- 2 tsp ground coriander
- 1 cinnamon stick
- 500ml (2 cups) gluten-free salt-reduced chicken stock
- 1 tbs pomegranate molasses
- 1 tbs no-added-salt tomato paste
- 400g can no-added-salt chickpeas, rinsed, drained
- 90g dried apricots
- 1 tbs gluten-free cornflour
- Fresh mint leaves and pomegranate arils, to serve

1 Set a slow cooker to Browning (see note). Heat half the oil in the slow cooker. Add the lamb. Cook, stirring, for 3 minutes or until browned. Transfer to a plate.

2 Add the onion, celery, carrot and remaining oil to the slow cooker. Cook, stirring, for 3-4 minutes or until softened. Add the cumin, coriander and cinnamon. Cook, stirring, for 2 minutes or until aromatic. Add the stock, molasses and tomato paste. Stir until combined.

3 Return the lamb to the slow cooker. Cover and cook on High for 3-4 hours or until the lamb is very tender, adding the chickpeas and apricots in the last 30 minutes of cooking.

4 Combine the cornflour and 2 tbs water in a small bowl. Add the cornflour mixture to the slow cooker and stir until combined. Cover and cook for 20 minutes or until the sauce thickens slightly. Sprinkle with mint and pomegranate arils to serve.

NOTES

- If you don't have a Browning function on your slow cooker, use a large frying pan for steps 1-2.
- This is also delicious with chicken thigh cutlets (skin on). Brown in batches.

“We've ditched the French onion soup mix and apricot nectar (high in sodium and sugar) for spices and fresh ginger. Dried apricots add natural sweetness and dietary fibre. Chickpeas increase the fibre too and an extra serve of veg.” Chrissy Freer, nutrition editor

slow cooker vegan pumpkin soup

serves 4 | **prep** 20 mins | **cooking** 4 hours Ⓔ Ⓗ SV Ⓥ LC GF

- 1 tbs extra virgin olive oil
- 1 large brown onion, finely chopped
- 2 celery sticks, coarsely chopped
- 2 garlic cloves, crushed
- 2 tsp finely grated fresh ginger
- 2 tsp good-quality curry powder
- 1.5kg butternut pumpkin, peeled, deseeded, coarsely chopped
- 400g can cannellini beans, rinsed, drained
- 1 large potato, peeled, chopped
- 500ml (2 cups) gluten-free salt-reduced chicken stock
- Pepitas, to serve
- Sliced multigrain or rye sourdough, to serve (optional)

cashew cream

- 80g (½ cup) raw cashews
- 500ml (2 cups) boiling water
- 2 tsp nutritional yeast
- 2 tsp fresh lemon juice

1 To make the cashew cream, place cashews in a heatproof bowl. Cover with the boiling water. Set aside for at least 4 hours to soak (see note).

2 Meanwhile, set a slow cooker to Browning (see note). Heat the oil in the slow cooker. Add the onion and celery. Cook, stirring, for 3-4 minutes or until softened. Add the garlic, ginger and curry powder. Cook, stirring, for 1 minute or until aromatic.

3 Add the pumpkin, beans, potato, stock and 500ml (2 cups) water. Cover and cook on High for 3-4 hours or until the vegetables are very tender. Use a stick blender to blend until smooth. Season.

4 Drain the cashews then transfer to a blender. Add the yeast, lemon juice and 80ml (⅓ cup) water. Blend for 2-3 minutes or until smooth and creamy.

5 Swirl the cashew cream through the soup. Top with pepitas. Season well with pepper and serve with sourdough, if using.

NOTES

- Step 1 can be done the night before, if preferred.
- If you don't have a Browning function on your slow cooker, use a large frying pan for step 2.
- The cashew cream will keep for up to 3 days. Store in an airtight container in the fridge.

> “Legumes, such as cannellini beans, are an easy way to give vegan soups body and texture, as well as a healthy helping of protein, fibre and iron.”
>
> Chrissy Freer, nutrition editor

freeze me!

healthy chicken noodle & vegie soup

serves 4 6 | **prep** 15 mins
cooking 30 mins E H SV LC

- 1 tbs extra virgin olive oil
- 2 large carrots, peeled, thinly sliced
- 2 large celery sticks, thinly sliced
- 1 brown onion, finely chopped
- 2 garlic cloves, crushed
- 2 tsp finely grated fresh ginger
- 500g chicken thigh fillets, trimmed, thinly sliced
- 750ml (3 cups) salt-reduced chicken stock
- 80g dried wholemeal spaghetti pasta, broken in half
- 150g broccoli, cut into small florets, large stem peeled, thinly sliced (see note)
- 145g (1 cup) frozen corn kernels
- 1 zucchini, halved lengthways, thinly sliced crossways
- Chopped fresh continental parsley leaves and finely grated lemon rind, to serve

1 Heat the oil in a large saucepan over medium heat. Add the carrot, celery and onion. Cook, stirring, for 6-7 minutes or until softened. Add the garlic and ginger. Cook, stirring, for 1 minute or until aromatic. Add the chicken. Cook, stirring, for 3-4 minutes or until browned.
2 Add stock and 500ml (2 cups) water. Bring to boil. Add spaghetti and bring to a simmer. Partially cover. Cook for 10 minutes or until pasta is al dente. Add the broccoli, corn and zucchini. Cook for 5 minutes or until tender.
3 Top with parsley and lemon rind. Season with pepper to serve.

NOTES

- To freeze, make to the end of step 2 (omit the pasta). Store in an airtight container in the freezer for up to 1 month. Thaw and warm through. Stir in the cooked pasta and continue from step 3.
- The broccoli stem contains all the same nutrients as the florets, so don't throw it out.

tikka pork & lentil curry

serves 4 | **prep** 10 mins | **cooking** 20 mins G E LC GF

- 1 tbs olive oil
- 500g pork mince
- 1 red onion, cut into thin wedges
- 60g (¼ cup) gluten-free tikka masala paste
- 4cm-piece ginger, peeled, finely grated
- 2 garlic cloves, crushed
- 400g can cherry tomatoes
- 270ml can coconut milk
- 400g can brown lentils, rinsed, drained
- 60g baby spinach

1 Heat the oil in a frying pan over medium heat. Cook the pork, breaking up any lumps with a wooden spoon, for 5 minutes or until browned. Move pork to 1 side of the pan. Add onion to empty side of pan. Cook, stirring, for 3-4 minutes or until onion softens slightly.
2 Stir the pork and onion together until combined. Add curry paste, ginger and garlic. Stir for 1 minute or until aromatic. Add tomatoes and coconut milk. Cook, stirring, for 2-3 minutes or until heated through. Add lentils and spinach. Cook, stirring, for 2-3 minutes or until heated through and the spinach is slightly wilted.

NOTE

Freeze this easy pork curry for up to 3 months.

mediterranean hasselback chicken

serves 4 | **prep** 20 mins | **cooking** 25 mins E LC GF

4 medium chicken breast fillets
45g (¼ cup) drained semi-dried tomato
strips in oil, oil reserved
85g (⅓ cup) roasted or chargrilled red
and yellow capsicums, cut into strips
1 small zucchini, thinly sliced
½ small red onion, thinly sliced
55g (½ cup) grated mozzarella

1 Preheat oven to 180°C/160°C fan forced. Lightly grease a baking tray.
2 Make deep cuts crossways into the chicken fillets, about 1cm apart, without cutting all the way through and leaving the thinner ends intact. Place the chicken on prepared tray.
3 Insert the tomato, capsicum, zucchini and onion into the cuts. Sprinkle with the mozzarella and drizzle over 2 tbs reserved oil from the tomatoes. Season.
4 Roast for 20 minutes or until the hasselback chicken is cooked through. Change to the oven grill and grill for about 5 minutes or until browned on top.

vegan japanese fried rice

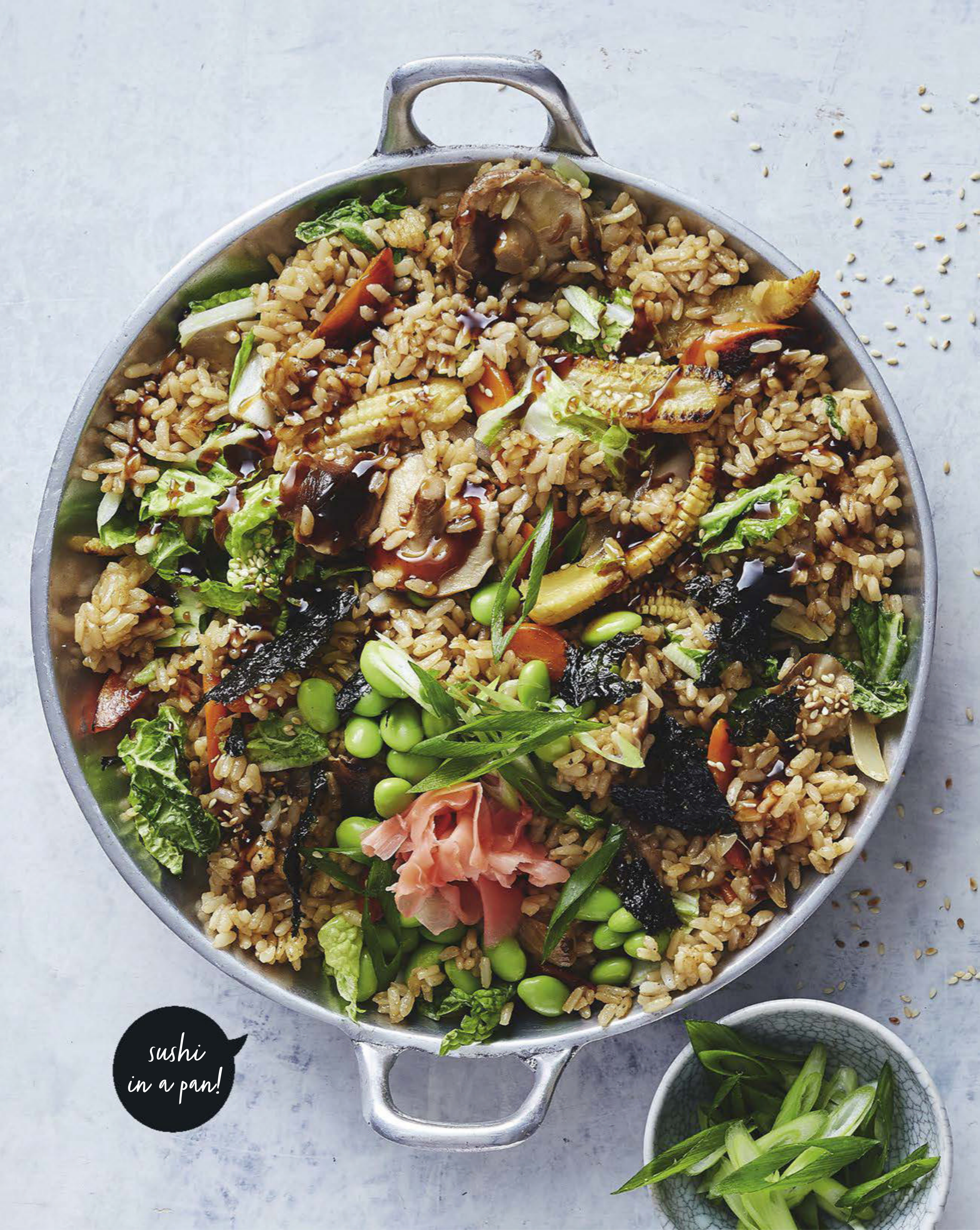
serves 4 | **prep** 20 mins
cooking 10 mins Q E V

1 tbs white miso paste
60ml (¼ cup) tonkatsu sauce,
plus extra, to drizzle
2 tbs cooking sake
2 tsp sesame oil
1 tbs peanut oil
1 brown onion, cut into wedges
1 carrot, peeled, halved lengthways,
sliced diagonally
100g fresh shiitake mushrooms, trimmed
425g can baby corn, drained,
halved lengthways
5 cups cold cooked medium-grain
rice (see note)
2 cups chopped wombok
(Chinese cabbage)
100g podded frozen edamame, thawed
¼ cup drained pickled ginger
10g pkt salted seaweed snack, crushed
2 green shallots, thinly sliced diagonally
1 tsp sesame seeds, toasted

1 Whisk the miso paste, tonkatsu sauce, sake, sesame oil and 2 tbs water in a jug.
2 Heat a wok or large saucepan over medium-high heat. Add the peanut oil. Swirl to coat. Add the onion, carrot, mushroom and corn. Stir-fry for 5 minutes or until the vegetables are lightly charred.
3 Add the rice and stir-fry for 2 minutes or until the rice is heated through. Add the cabbage, edamame and miso mixture. Stir-fry for 2 minutes or until the cabbage and edamame are just tender.
4 Top the fried rice with pickled ginger, seaweed, shallot and sesame seeds. Drizzle over extra tonkatsu to serve.

NOTE

You'll need about 1¾ cups uncooked rice or use a 450g and a 250g pkt microwave rice.



sushi
in a pan!

baked san choy bau rice

serves 4 | **prep** 10 mins | **cooking** 1 hour E

300g (1½ cups) brown rice
250g lean pork mince
1 carrot, peeled, coarsely grated
2 garlic cloves, crushed
2 tsp grated fresh ginger
60ml (¼ cup) hoisin sauce
2 tbs soy sauce
625ml (2½ cups) boiling water
2 tsp chicken stock powder
227g can water chestnut slices, drained, chopped
3 green shallots, sliced
2 tsp sesame oil
Baby cos or small iceberg lettuce leaves, to serve

1 Preheat oven to 200°C/180°C fan forced. Lightly grease a 3cm-deep, 20 x 30cm (base size) baking tray with oil.
2 Place the rice, pork, carrot, garlic, ginger, hoisin and soy sauce in a large bowl. Use clean hands to mix until well combined. Transfer the mixture to prepared tray, spreading evenly over the base into the corners. Use your fingertips to rough the surface.
3 Whisk together the boiling water and stock powder in a jug. Carefully pour over the rice mixture. Cover tray tightly with foil and bake for 1 hour.
4 Add the chestnut, shallot and sesame oil. Use a fork to break up pork and stir until well combined. Set aside to cool slightly then serve with lettuce leaves.

NOTE

Turn fried rice into a breakfast treat. Make 4 indents in the rice mixture. Crack an egg into each indent and cook for 7-10 minutes or until eggs are cooked to your liking.

roast sweet potato nachos

serves 4 | **prep** 10 mins | **cooking** 1 hour E V

4 sweet potatoes, unpeeled
400g can black beans, rinsed, drained
Coarsely grated cheddar, plain corn chips, sour cream, chopped avocado, chopped tomato, thinly sliced long fresh red chilli and fresh coriander leaves, to serve

1 Preheat oven to 180°C/160°C fan forced. Place the sweet potatoes on a baking tray and roast for 1 hour or until tender.
2 Halve the sweet potatoes lengthways, without cutting all the way through. Scoop out flesh and transfer to a bowl (leaving the skins as shells) then mash. Stir the black beans through the mash. Season.
3 Turn oven to grill on High. Spoon the mash back into shells. Sprinkle with cheddar. Place under the grill until melted and golden.
4 Top with corn chips, sour cream, avocado and tomato, chilli and coriander.

> “I loved that everyone got their own individual nachos and so easy - didn't even have to peel the sweet potatoes! I let the kids add the toppings.” Waffleiso

sweet

Dessert joins the one-pot gang with this line-up of
delectable, done-in-a-doddle treats! Entertaining?
It's totally doable to make a one-pot meal and one
of these sweet tooth faves without breaking a sweat.

salted caramel dumplings

serves 4 | **prep** 20 mins | **cooking** 1 hour 35 mins Ⓔ

150g (1 cup) self-raising flour
2 tbs caster sugar
40g butter, chilled, chopped
60ml (¼ cup) milk
Large pinch of sea salt flakes
Vanilla ice-cream and custard, to serve

caramel syrup

185ml (¾ cup) golden syrup
185ml (¾ cup) thickened cream
100g (½ cup, firmly packed) brown sugar
50g butter

1 To make the caramel syrup, combine all the syrup ingredients with 125ml (½ cup) water in a slow cooker. Cover and cook on Low for 5 minutes or until the sugar dissolves and the syrup is smooth.

2 Meanwhile, combine the flour and caster sugar in a bowl. Use your fingertips to rub the butter into the flour mixture until the mixture resembles coarse crumbs. Make a well in the centre. Pour in the milk then use a flat-bladed knife in a cutting motion to mix until the mixture just comes together. Divide into 12 portions and gently roll into balls.

3 Gently place the dumplings in the caramel syrup in the slow cooker and turn until the dumplings are coated in the syrup. Cover and cook on Low for 1 hour 30 minutes or until the dumplings are cooked through. Sprinkle with the sea salt flakes. Serve with ice-cream and custard.

> “Man, made this. SO GOOD. Love it.” Greg5464

NOTES

Try these twists:

- **Make it boozy: Add 2 tbs Fireball Cinnamon Flavoured Whisky with the syrup ingredients in step 1.**
- **Zesty: Replace half the water in the syrup with fresh orange juice. Add a little finely grated orange rind to the dumpling mixture. Sprinkle with pistachios to serve.**
- **Apple and caramel: Add 1 finely chopped Granny Smith apple to the syrup mixture at end of step 1.**

divine
dessert

no-bake slice

pocky sticks slice

serves 8 | **prep** 30 mins (+ 1 hour 30 mins chilling) | **cooking** 5 mins

125g plain digestive biscuits
168g pkt Pocky Strawberry Flavour sticks (contains 8 individual pkt)
100g butter, melted
200g white chocolate, finely chopped
1 tsp gelatine powder
500g cream cheese, chopped, at room temperature
70g (⅓ cup) caster sugar
Pink gel food colouring, to tint

1 Place the biscuits and 5 unwrapped individual packets of Pocky in a food processor and process until finely crushed. Add the butter and process until combined.

2 Transfer the mixture to a 10 x 35cm (base size) rectangle fluted tart tin with removable base. Use a flat-bottomed glass to press the mixture evenly over base and up side of tin. Place in the fridge for 30 minutes to chill.

3 Place chocolate in a microwave-safe bowl. Microwave, stirring every 30 seconds, for 1-2 minutes or until melted and smooth.

4 Place 1 tbs water in a small microwave-safe bowl. Sprinkle with the gelatine and stir until combined. Microwave for 10 seconds (do not overheat). Use a fork to whisk until the gelatine dissolves.

5 Use electric beaters to beat the cream cheese and sugar in a bowl until smooth. Add the melted chocolate, gelatine mixture and colouring. Beat until combined. Spoon filling over the biscuit base then use the back of a spoon to smooth the surface. Place in the fridge for 1 hour or until set.

6 Use the picture as a guide to decorate the slice with the remaining Pocky.

NOTE

To make a chocolate Pocky sticks slice, replace strawberry Pocky with the chocolate variety and replace the white chocolate with dark chocolate. Omit the food colouring.

> “Such a clever and pretty way to use Pocky sticks. I would never have thought of this! I want to try the milk chocolate version next.” Dani Brougham

mudslide self-saucing pudding

serves 10 | **prep** 15 mins (+ 5 mins cooling) | **cooking** 30 mins Ⓔ

225g (1½ cups) self-raising flour
155g (¾ cup, firmly packed) brown sugar
35g (⅓ cup) cocoa powder, plus extra, to dust
2 eggs, lightly whisked
185ml (¾ cup) milk
80g butter, melted, cooled slightly
Vanilla ice-cream, to serve

baileys sauce

155g (¾ cup, firmly packed) brown sugar
35g (⅓ cup) cocoa powder
125ml (½ cup) Baileys Irish Cream liqueur
2 tbs Kahlúa coffee liqueur
2 tbs vodka
185ml (¾ cup) boiling water

1 Preheat oven to 180°C/160°C fan forced. Grease a 2L (8 cup) baking dish with butter.

2 Combine the flour, sugar and cocoa in a large bowl. Add the egg, milk and butter. Stir until well combined. Spoon into prepared dish and spread evenly to cover the base.

3 To make the sauce, combine the sugar, cocoa, Baileys, Kahlúa and vodka in a heatproof jug. Stir in the boiling water. Reserve 1 tablespoonful of the sauce. Gradually pour the remaining over back of a large metal spoon onto pudding mixture.

4 Bake for 25-30 minutes or until the pudding is firm when lightly touched. Set aside for 5 minutes to cool slightly.

5 Top with ice-cream, dust with extra cocoa and drizzle over reserved sauce.

NOTE

To make this kid friendly, omit the alcohol in the sauce and increase the boiling water to 325ml (1½ cups).

apple & cinnamon scroll custard pudding

serves 6-8 **prep** 10 mins (+ 10 mins cooling)
cooking 30 mins Ⓔ

300g pkt brioche swirls with chocolate chips
125ml (½ cup) dulce de leche (thick caramel)
410g can apple slices pie fruit, drained
½ tsp ground cinnamon
600ml ctn vanilla custard
45g (⅓ cup) pecans, coarsely chopped
Icing sugar, to dust (optional)

1 Preheat oven to 180°C/160°C fan forced. Grease a 4.5cm-deep, 1.5L (6 cup) baking dish.

2 Cut the brioche swirls in half horizontally. Spread the dulce de leche over the bottom halves. Arrange bottom halves, spread-side up, over the base of prepared dish. Spoon the apple evenly over the top and sprinkle with cinnamon.

3 Pour over the custard. Arrange the brioche tops over the top. Sprinkle with the pecans. Bake, covering loosely with foil halfway through cooking to prevent overbrowning if necessary, for 30 minutes or until the custard is set around the edge but still soft in the centre. Set aside for 10 minutes to cool slightly.

4 Dust with icing sugar to serve, if using.

> “This is winter in a pud! Make sure you dig deep – there is caramel hidden beneath the layers of buttery brioche and spiced custard.”
> Michelle Southan, food director

pastry shortcut

classic combo

anzac apple buttercrust slice

makes 12 | **prep** 20 mins (+ 2 hours cooling & 6 hours 20 mins chilling) | **cooking** 45 mins Ⓔ

300g pkt Anzac biscuits
100g unsalted butter, melted
500g cream cheese, chopped, at room temperature
100g (½ cup) caster sugar
3 eggs
300g ctn sour cream
2 tsp vanilla extract or vanilla bean paste
385g can apple slices pie fruit, drained
½ tsp ground cinnamon, plus extra, to serve (optional)

1 Preheat oven to 160°C/140°C fan forced. Grease a 17 x 27cm (base size) slice pan and line with baking paper, allowing the paper to overhang the sides.

2 Break the biscuits into a food processor. Process until finely crushed. Add butter and process until combined. Transfer to prepared pan. Use a flat-bottomed glass to press the mixture over base and up sides of pan, extending 5mm above edge of pan. Place in the fridge for 20 minutes or until firm.

3 Wipe the food processor clean. Add the cream cheese, sugar, eggs, sour cream and vanilla. Process until smooth and well combined. Transfer to a bowl. Fold through apple. Pour over the biscuit base. Smooth the surface. Sprinkle with the cinnamon.

4 Bake for 45 minutes or until just set (it will still wobble slightly in the centre). Turn off oven. Leave the slice in oven, with the door ajar by 10cm, for 2 hours or until cooled to room temperature. Place in the fridge for 6 hours or overnight to chill.

5 Sprinkle with extra cinnamon, if using. Cut the slice into bars to serve.

NOTE

Allow the slice to chill in the fridge for at least 6 hours, or overnight if you can, to make sure the filling has time to properly set.

> “The more-ish Anzac biscuit crust is filled with a creamy baked sour cream filling, which is perfectly offset by the chunks of sweet apple and dusting of cinnamon.” Elisa Pietrantonio, food editor

lemon custard flowers

makes 16 | **prep** 5 mins (+ 30 mins chilling & cooling) | **cooking** 45 mins Ⓔ

2 sheets shortcrust pastry, thawed
160g (⅔ cup) Pauls French Vanilla Double Thick Custard
2 tbs bought lemon curd
Icing sugar, to dust
2 tsp finely grated lemon rind

1 Preheat oven to 180°C/160°C fan forced. Lightly grease six holes of a 12-hole 30ml mini muffin pan (greasing alternating holes).

2 Use a 9cm flower-shaped pastry cutter to cut 16 flowers from the pastry. Press 6 flowers into the greased holes, keeping the petals flat on surface of pans. Place in the fridge for 10 minutes to chill.

3 Prick the pastry bases with a fork. Bake for 10-15 minutes or until lightly browned and cooked through. Set aside to cool. Repeat with the remaining pastry to make 16 flowers.

4 Spoon the custard and curd into 2 separate sealable plastic bags. Snip off a corner of each bag, 1.5cm from end. Pipe the curd into the base of the pastry cases. Pipe the custard over the top. Dust with icing sugar. Sprinkle centres with lemon rind. Serve immediately.

> “I've created this twist on a classic lemon custard tart that tastes just like my childhood and will be a huge success with adults and kids alike.” *Kathy Knudsen, food writer*

90-second mile-high nutella mug cake

makes 1 | **prep & cooking** 5 mins Ⓠ Ⓔ

2 tbs self-raising flour
2 tbs brown sugar
2 tbs Dutch process cocoa powder
¼ tsp baking powder
1 large egg
2 tbs milk
1 tbs vegetable oil
2 tbs Nutella
Double cream or vanilla ice-cream and chocolate sauce, to serve

1 Place flour, sugar, cocoa and baking powder in a bowl and stir until combined.

2 Make a well in the centre then add the egg, milk and oil. Use electric beaters to beat until well combined.

3 Pour the mixture into a 435ml (1¾ cup) microwave-safe mug. Spoon the Nutella into the centre. Microwave on High for 1 minute 10 seconds or until risen. Top with double cream or ice-cream and drizzle over chocolate sauce. Serve immediately.

NOTES

Try these twists:

- **Gluten free:** Swap the flour for gluten-free self-raising flour, and check the baking powder and chocolate sauce are gluten free.
- **Spiced:** Swap the Nutella for Lotus Biscoff Spread to give the cake a touch of spice or try peanut butter for a classic blend of chocolate and peanut.
- **Berry:** Once ready to serve, swap chocolate sauce for chopped fresh strawberries or raspberries and finish with berry coulis. The fresh, tart flavour of the berries balances out the chocolate.

microwave magic

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sweet
& tangy

spiced dumplings & rhubarb compote

serves 8 | **prep** 20 mins | **cooking** 45 mins Ⓔ

- 315g (1½ cups) caster sugar
- 1 large bunch rhubarb, cut into 1.5cm pieces
- 125g (1 cup) frozen raspberries (see note)
- 250ml (1 cup) boiling water
- 2 tsp cornflour
- Icing sugar, to dust
- Vanilla ice-cream, to serve

spiced dumplings

- 225g (1½ cups) self-raising flour
- ½ tsp ground cardamom
- ¼ tsp ground cinnamon
- 30g butter, chopped
- 80ml (⅓ cup) milk
- 80ml (⅓ cup) golden syrup

1 Set a 5-6L slow cooker to High. Place the caster sugar, rhubarb, raspberries and boiling water in the slow cooker. Stir until combined. Cover and cook for 45 minutes. Mix the cornflour and 1 tbs water in a small bowl until combined. Add the cornflour mix to the fruit mixture then stir until combined.

2 Meanwhile, make the spiced dumplings. Place flour, cardamom and cinnamon in a large bowl. Stir until combined. Use your fingertips to rub the butter into flour mixture until mixture resembles fine crumbs. Make a well in the centre. Pour in the milk and golden syrup. Mix until well combined. Roll 2 level tablespoonfuls of the mixture into a ball. Repeat to make 8 dumplings in total.

3 Arrange the dumplings on top of the fruit mixture in the slow cooker. Fold a clean, dry tea towel in half then lay over the top of the slow cooker. Wipe any moisture from the underside of the lid. Place the lid on the tea towel to cover. Cook on High for 1 hour or until the dumplings are puffed and cooked through.

4 Dust the dumplings with icing sugar and serve with ice-cream.

NOTE

Use frozen strawberries or mixed berries instead of raspberries in the compote, if that's what you've got.

> “As a fan of rhubarb crumble, I decided to give this a go for something different. Have to say, I was impressed! The dumplings were fluffy and delicious.” Adele88

brigadeiros (brazilian fudge balls)

makes 18 | **prep** 20 mins (+ 2 hours chilling)
cooking 10 mins Ⓔ

30g butter
30g (¼ cup) cocoa powder
395g can sweetened condensed milk
Chocolate or coloured sprinkles, to coat

1 Grease a plate with butter. Melt the 30g butter in a non-stick frying pan over low heat. Add the cocoa and condensed milk to the pan. Stir until combined.

2 Cook, stirring constantly with a wooden spoon or silicone spatula, for 10 minutes or until the mixture is very thick. (It should stay separated for a few seconds when you run the spoon over base of pan.) Pour onto prepared plate. Place in the fridge for 2 hours or until chilled and fairly firm.

3 Spread sprinkles over a plate. Use oiled hands to roll 3 level teaspoonfuls of mixture into balls. Roll the fudge balls in sprinkles and arrange in small paper cases to serve.

NOTE

The fudge balls will keep in an airtight container in the fridge for up to 1 week.

cheat's pineapple doughnuts

makes 6 | **prep** 15 mins (+ cooling) | **cooking** 5 mins Ⓠ

440g can pineapple slices in juice, drained
75g (½ cup) gluten-free self-raising flour
100ml chilled sparkling water
Vegetable oil, to deep fry
55g (¼ cup) caster sugar
¼ tsp ground cinnamon
Vanilla ice-cream, to serve
Honey, to serve (optional)

1 Pat the pineapple slices dry with paper towel. Place the flour in a bowl and whisk in the sparkling water until smooth.

2 Half-fill a saucepan with oil. Heat to 180°C on a cook's thermometer. Combine the sugar and cinnamon in a wide, shallow bowl.

3 Dip half the pineapple in flour mixture to coat then gently drop into the oil. Cook, turning once, for 1 minute 30 seconds or until crisp and golden. Drain on paper towel. Repeat with remaining pineapple and flour mixture. Set aside to cool slightly.

4 Toss in cinnamon sugar. Serve warm with ice-cream and honey, if using.

> "Overworked gluten in regular flour is often the culprit if batter ends up heavy and tough, so using gluten-free flour makes for foolproof light and crispy batter every time."
> Tracy Rutherford, food editor

super-easy treat

cocktail vibes

limoncello self-saucing pudding

serves 6 | **prep** 15 mins (+ 5 mins cooling) | **cooking** 45 mins E

225g (¾ cup) bought lemon curd
225g (1½ cups) self-raising flour
215g (1 cup) caster sugar
1 tbs finely grated lemon rind
1 egg, lightly whisked
125ml (½ cup) milk
50g butter, melted, cooled slightly
Pure icing sugar, to dust
Double cream, to serve
Dehydrated lemon slices, to decorate (see note)

limoncello sauce

185ml (¾ cup) boiling water
185ml (¾ cup) limoncello, plus extra, to serve (optional)
2 tbs fresh lemon juice
70g (⅓ cup) caster sugar

1 Preheat oven to 180°C/160°C fan forced. Grease a 1.5L (6 cup) baking dish with butter.

2 Spoon the curd into prepared dish. Spread evenly to cover base. Combine the flour, caster sugar and rind in a large bowl. Add the egg, milk and butter. Stir until well combined. Spoon into dish and spread evenly to cover the curd.

3 To make the sauce, combine all the sauce ingredients in a heatproof jug. Gradually pour over the back of a large metal spoon onto the pudding mixture.

4 Bake for 40-45 minutes or until the pudding is firm when lightly touched. Set aside for 5 minutes to cool slightly.

5 Dust with icing sugar. Top with cream, lemon slices and extra limoncello, if using.

NOTE

To make the dehydrated citrus slices, preheat oven to 110°C/90°C fan forced. Thinly slice 1 lemon or orange. Place on some paper towel. Cover with more paper towel, gently pressing to absorb moisture. Discard paper towel then transfer slices to a wire rack on a baking tray. Bake, turning halfway through cooking, for 1 hour 30 minutes or until dry and crisp. Set aside to cool completely. Store in an airtight container for up to 6 months. Alternatively, buy at health food stores, greengrocers or online.

> “My favourite aperitivo in a dessert? Yum! The boozy, zesty sauce was to die for and I felt so fancy making my own dehydrated citrus slices to go on top. Now I've got a jar for many more limoncello puds!” Fridgetuner

buttermilk pie

serves 8 | **prep** 15 mins (+ 1 hour cooling & 2 hours chilling) | **cooking** 45 mins Ⓔ

435g pkt frozen shortcrust pastry, thawed (see note)
285g (1⅓ cups) caster sugar
3 tbs plain flour
¼ tsp table salt
3 eggs
250ml (1 cup) buttermilk
120g unsalted butter, melted
1 tbs fresh lemon juice
1 tsp vanilla extract
Double cream, to serve

1 Preheat oven to 180°C/160°C fan forced. Grease a 3.5cm-deep, 24cm (base size) round pie dish.

2 Line prepared dish with pastry and trim. Crimp edge. Place in fridge until required.

3 Place the sugar, flour, salt, eggs, buttermilk, butter, lemon juice and vanilla in a food processor. Pulse until well combined and smooth.

4 Place dish on a baking tray. Pour mixture into pastry case. Bake for 40-45 minutes (see note) or until top is golden and filling is just set in the centre (it will still wobble slightly). Set aside for 1 hour to cool slightly then transfer to the fridge for 2-3 hours, or overnight, until chilled and set.

5 Cut into wedges and serve with cream.

NOTES

- **Find pastry rolls in specialty food shops. Or use 2 pastry sheets. Overlap slightly in the middle of dish and trim.**
- **If edge of pastry case browns too quickly while baking, cover pastry edge with foil.**

sticky toffee apple bread & butter pudding

serves 6 | **prep** 15 mins (+ 10 mins cooling)
cooking 45 mins Ⓔ

7-8 brioche slices
60g butter, at room temperature
900g tub Pauls French Vanilla Double Thick Custard
125ml (½ cup) milk
1 tbs caster sugar
1 medium green apple, thinly sliced
Icing sugar, to dust
160ml (⅔ cup) bought caramel sauce
Thickened cream, to serve (optional)

1 Preheat oven to 180°C/160°C fan forced. Grease a 20 x 30cm (base size) baking dish.

2 Butter the brioche slices. Cut each slice into 4 triangles. Arrange half the brioche triangles over base of prepared dish.

3 Whisk together the custard and milk in a bowl then pour over the brioche. Arrange the remaining brioche on top. Sprinkle with the caster sugar. Arrange the apple on top. Bake for 40-45 minutes or until golden and set. Set aside for 10 minutes to cool slightly.

4 Dust the pudding with icing sugar. Drizzle over the caramel sauce. Serve with cream, if using.

> “A winner for a good winter dessert. The green apple is a must!”
> Levans21

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Published by NewsLifeMedia Pty Ltd (ACN 088 923 906), 2 Holt St, Surry Hills NSW 2010, phone (02) 9288 3000. NewsLifeMedia Pty Ltd is a wholly owned subsidiary of News Limited (ACN 007 871 178). Copyright 2023 by NewsLifeMedia Pty Ltd. All rights reserved. Distributed by ARE Direct Pty Ltd, phone 1300 650 666. Printed by IVE, Australia.

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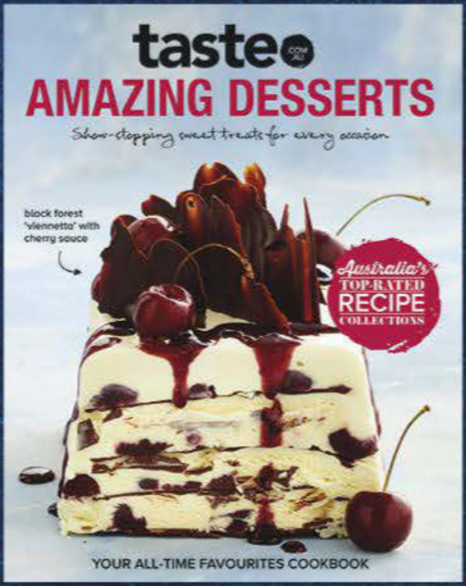
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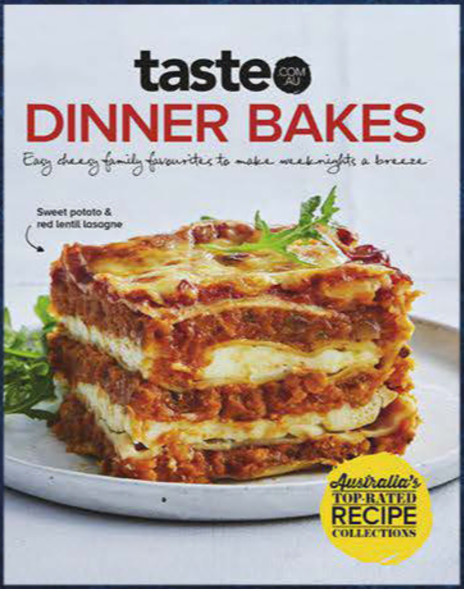
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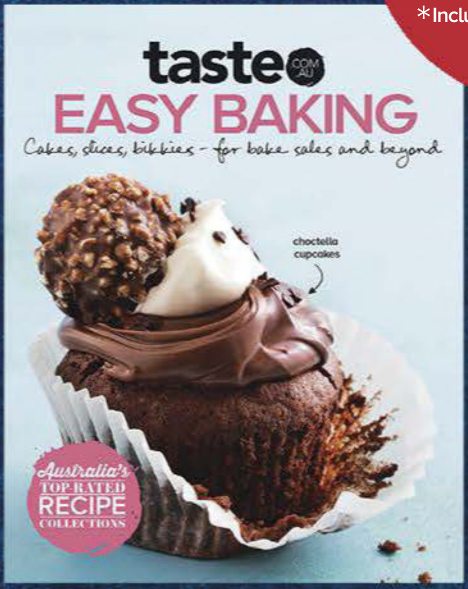
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Just one pot, so many possibilities! Along with these clever recipes, it's all you need to cook an amazing and super-easy dish – whether you want it done in 30 minutes or less, are craving a slow-cooked star, need something healthier or want to make sweets without the kitchen looking like a bomb has hit it! This cookbook is your shortcut to a stress-free dinnertime, every time.

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